ANNEXURE-6.3.2

Time Trends In Nutrients Intake *

NUTRIENTS	ADULTS MALES		ADULTS FEMALES (NPNL)		PREGNANT WOMEN		LACTATING WOMEN	
	1975-79	1996-97	1975-79	1996-97	1975-79	1996-97	1975-79	1996-97
PROTEIN (g)	55.65	60.1	45.4	49.9	40.75	47.2	47.6	56.5
TOT FAT (g)	20.3	27.4	17.1	24.5	18.75	21.5	18.25	24.55
ENERGY (Kcal)	2065.35	2418.4	1698.3	1982.5	1597.05	1994.4	1797.3	2243.2
CALCIUM (mg)	397.98	420.9	329.6	381.9	390.45	339.35	358	372.65
IRON (mg)	26	27.3	21.4	22.2	19.7	22.95	23.1	23.35
VIT A (ug)	141.85	171.5	117.8	147.8	159.95	141.55	133.1	162.3
THIAMIN (mg)	1.3	1.1	1	0.9	0.95	0.9	1.1	1.1
RIBO (mg)	0.8	1	0.7	0.8	0.6	0.8	0.7	0.9
NIACIN (mg)	13.4	14.4	10.8	11.7	10.1	11.2	11.5	13.5
VIT C (mg)	27.6	35.9	24.2	31.95	20.7	28.35	23.35	29.4

NPNL - Non Pregnant Non Lactating

* Median